



HOWARD COUNTY OFFICE
ON AGING AND INDEPENDENCE

VIRTUAL OFFERINGS

AUGUST 2020

FREE PROGRAMS NEED THE PASSWORD Howard50+



OPPORTUNITIES TO ENGAGE FROM HOME

INTRODUCING THE FITNESS PASS

Thank you for participating in the 50+ Virtual Offerings. Beginning this month the virtual fitness class pass will have a modest monthly fee of \$50, this allows registrants to participate in over 18 different exercise classes. Any registration taken on or after the 15th of the month will only be charged \$30. We acknowledge the in-kind contributions of the dedicated instructors who have supported the 50+ virtual program efforts from its inception. The collection of fees enables us to resume compensation for their valued service.

How to register for the Fitness Pass:

On-line registration using your ActiveNet account:

Find the class pass by searching: Virtual 50+ Exercise Classes/A02490.800 on the ActiveNet site: <https://apm.activecommunities.com/howardcounty/>

Register by telephone, Monday through Friday between 10 am – 2 pm on 410 - 313 -1400 or 410 - 313 - 5440

Registration for September will close Friday, August 28 at 2 pm

Registrants will receive the links and password to the Fitness Pass classes after registration closes on Friday, August 28th.

We will maintain many free options, including three exercise classes listed on page 11, line dancing and all of the "Let's Cook", "Let's Get Social", "Let's Learn", Seniors Together programs and Connections Corner.

This month we introduce a new section "Connections Corner" featuring weekly programs designed for individuals with cognitive impairments or dementia. These can be found on page 22.

EXPLORE YOUR OPTIONS

FITNESS – COOKING – SOCIAL ENGAGEMENT – LIFELONG LEARNING



WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>3</p> <p>FLOOR, CORE & MORE 8 AM</p> <p>COFFEE & CHAT ELKRIDGE 9 AM</p> <p>MINDFUL MONDAYS 9 AM</p> <p>STRENGTH TRAINING 10 AM</p> <p>ZUMBA GOLD 10:30 AM</p> <p>PILATES WITH BOB 11 AM</p> <p>SEATED STRENGTH AND BALANCE 12 PM</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 1 PM</p> <p>BEGINNER SOUL LINE DANCE 3 PM</p>	<p>4</p> <p>POWER 8:30 AM</p> <p>COFFEE & CHAT EAST COLUMBIA 9 AM</p> <p>CARDIO & CORE 9:30 AM</p> <p>SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM</p> <p>YOGA WITH MARY 11 AM</p> <p>TECH TUESDAY 11 AM</p> <p>CONNECTIONS CORNER 11 AM</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM</p> <p>CARING FOR THE CAREGIVER 1 PM</p> <p>BOTTOM OF THE BAG COOKING DEMO 2 PM</p> <p>INTERMEDIATE SOUL LINE DANCE 3 PM</p>	<p>5</p> <p>KICKBOXING 8 AM</p> <p>COFFEE & CHAT GLENWOOD 9 AM</p> <p>STRENGTH TRAINING 10 AM</p> <p>BMI PRESENTS: DESTINATION BALTIMORE 11 AM</p> <p>MAT PILATES 11:15 AM</p> <p>MAP: IN A NUTSHELL 12 PM</p> <p>SITTERCIZE 1 PM</p> <p>BIRDS OF THE WEST COAST OF MEXICO 2 PM</p>	<p>6</p> <p>POWER 8:30 AM</p> <p>COFFEE & CHAT BAIN 9 AM</p> <p>PILATES WITH BOB 9:30 AM</p> <p>SENIORS TOGETHER NEWS TALK 10 AM</p> <p>ZUMBA GOLD 10:30 AM</p> <p>SEATED STRENGTH AND BALANCE 12 PM</p> <p>NUTRITION WITH CARMEN ROBERTS 12 PM</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM</p> <p>BOOK CLUB 1PM</p> <p>YOGA WITH LISA 1:30 PM</p> <p>GAME NIGHT 8 PM</p>	<p>7</p> <p>FLOOR, CORE & MORE 8 AM</p> <p>COFFEE & CHAT NORTH LAUREL 9 AM</p> <p>CARDIO & CORE 9:30 AM</p> <p>POWER 10:30 AM</p> <p>SENIORS TOGETHER OPEN MIND GROUP 10 AM</p> <p>STITCH & GIVE 11 AM</p> <p>TALK TO A RANGER AT BIG BEND NATIONAL PARK 12:30 PM</p> <p>SENIORS TOGETHER TRENDERS 1 PM</p>
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 LET'S GET MOVING

 LET'S GET SOCIAL

 \$ FITNESS PASS OFFERING

 LET'S GET COOKING

 LET'S LEARN

 LET'S CONNECT

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

10 FLOOR, CORE & MORE 8 AM COFFEE & CHAT ELKRIDGE 9 AM MINDFUL MONDAYS 9 AM STRENGTH TRAINING 10 AM ZUMBA GOLD 10:30 AM PILATES WITH BOB 11 AM SEATED STRENGTH AND BALANCE 12 PM SENIORS TOGETHER THINK POSITIVE GROUP 1 PM LOST AND RETURNED MILITARY ITEMS 1 PM BEGINNER SOUL LINE DANCE 3 PM	11 POWER 8:30 AM COFFEE & CHAT EAST COLUMBIA 9 AM CARDIO & CORE 9:30 AM SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM YOGA WITH MARY 11 AM CONNECTIONS CORNER 11 AM SENIORS TOGETHER LOW VISION GROUP 1 PM CLUTTER CHAT KITCHENS 1 PM DIY POLYMER CLAY PENS 2 PM INTERMEDIATE SOUL LINE DANCE 3 PM	12 KICKBOXING 8 AM COFFEE & CHAT GLENWOOD 9 AM STRENGTH TRAINING 10 AM TRIVIA WITH REB ORRELL 11 AM MAT PILATES 11:15 AM MAP: IN A NUTSHELL TAX CREDITS:THERE IS STILL TIME ! 12 PM SITTERCISE 1 PM ASK THE OFFICER 1 PM ASK THE PHARMACIST 1:30 PM HAWAIIAN CHICKEN TACO COOKING DEMO 3 PM	13 POWER 8:30 AM COFFEE & CHAT BAIN 9 AM PILATES WITH BOB 9:30 AM SENIORS TOGETHER NEWS TALK 10 AM TED TALK 11 AM ZUMBA GOLD 10:30 AM SEATED STRENGTH AND BALANCE 12 PM SENIORS TOGETHER BRAIN TEASERS 12:30 PM MEDICARE 101 1 PM YOGA WITH LISA 1:30 PM PRACTICE TO THE PEOPLE 7 PM GAME NIGHT 8 PM	14 FLOOR, CORE & MORE 8 AM COFFEE & CHAT NORTH LAUREL 9 AM CARDIO & CORE 9:30 AM POWER 10:30 AM SENIORS TOGETHER OPEN MIND GROUP 10 AM STITCH & GIVE 11 AM SENIORS TOGETHER TRENDERS 1 PM MINDFUL EATING 1 PM
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LET'S GET MOVING



LET'S GET SOCIAL



\$ FITNESS PASS OFFERING



LET'S GET COOKING



LET'S LEARN









LET'S CONNECT

WEEK AT A GLANCE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

17 FLOOR, CORE & MORE 8 AM COFFEE & CHAT ELKRIDGE 9 AM MINDFUL MONDAYS 9 AM STRENGTH TRAINING 10 AM ZUMBA GOLD 10:30 AM PILATES WITH BOB 11 AM SEATED STRENGTH AND BALANCE 12 PM SENIORS TOGETHER THINK POSITIVE GROUP 1 PM ORHPAN CARS 2 PM BEGINNER SOUL LINE DANCE 3 PM	18 POWER 8:30 AM COFFEE & CHAT EAST COLUMBIA 9 AM CARDIO & CORE 9:30 AM SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM YOGA WITH MARY 11 AM CONNECTIONS CORNER 11 AM TECH TUESDAY 11 AM SENIORS TOGETHER LOW VISION GROUP 1 PM QUEENS OF CODE 2 PM INTERMEDIATE SOUL LINE DANCE 3 PM TINY BOOK CLUB 7:30 PM	19 KICKBOXING 8 AM COFFEE & CHAT GLENWOOD 9 AM STRENGTH TRAINING 10 AM DIY BEADED EARRINGS 11 AM MAT PILATES 11:15 AM MAP: IN A NUTSHELL GET TO KNOW YOUR RESOURCE GUIDE 12 PM SITTERCISE 1 PM DINNER SALADS COOKING DEMO 2:30 PM	20 POWER 8:30 AM COFFEE & CHAT BAIN 9 AM PILATES WITH BOB 9:30 AM SENIORS TOGETHER NEWS TALK 10 AM ZUMBA GOLD 10:30 AM SEATED STRENGTH AND BALANCE 12 PM SENIORS TOGETHER BRAIN TEASERS 12:30 PM MEDICARE 102 1 PM YOGA WITH LISA 1:30 PM GAME NIGHT 8 PM	21 FLOOR, CORE & MORE 8 AM COFFEE & CHAT NORTH LAUREL 9 AM CARDIO & CORE 9:30 AM SENIORS TOGETHER OPEN MIND GROUP 10 AM LIVING WELL WITH CHRONIC PAIN 10 AM POWER 10:30 AM STITCH & GIVE 11 AM SENIORS TOGETHER TRENDERS 1 PM DIY SIMPLE SUMMER GREETING CARDS 2 PM
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-  LET'S GET MOVING
-  LET'S GET SOCIAL
-  \$ FITNESS PASS OFFERING
-  LET'S GET COOKING
-  LET'S LEARN
-  LET'S CONNECT

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>24 FLOOR, CORE & MORE 8 AM</p> <p>COFFEE & CHAT ELKRIDGE 9 AM</p> <p>MINDFUL MONDAYS 9 AM</p> <p>STRENGTH TRAINING 10 AM</p> <p>ZUMBA GOLD 10:30 AM</p> <p>PILATES WITH BOB 11 AM</p> <p>SEATED STRENGTH AND BALANCE 12 PM</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 1 PM</p> <p>BEGINNER LINE DANCE 3 PM</p>	<p>25 POWER 8:30 AM</p> <p>COFFEE & CHAT EAST COLUMBIA 9 AM</p> <p>CARDIO & CORE 9:30 AM</p> <p>SENIORS TOGETHER MEN'S ROUNDTABLE 10 AM</p> <p>YOGA WITH MARY 11 AM</p> <p>CONNECTIONS CORNER 11 AM</p> <p>SENIORS TOGETHER LOW VISION GROUP 1 PM</p> <p>ASK THE DIETITIAN 12 NOON</p> <p>INTERMEDIATE SOUL LINE DANCE 3 PM</p>	<p>26 KICKBOXING 8 AM</p> <p>COFFEE & CHAT GLENWOOD 9 AM</p> <p>STRENGTH TRAINING 10 AM</p> <p>BAIN 50+CENTER VIRTUAL TOUR 10 AM</p> <p>TRIVIA WITH REB ORRELL 11 AM</p> <p>MAT PILATES 11:15 AM</p> <p>MAP: IN A NUTSHELL IN HOME CARE VS HOME HEALTH CARE 12 PM</p> <p>SITTERCISE 1 PM</p> <p>DIY SEWING CABINET TO BEVERAGE CART 2:30 PM</p>	<p>27 POWER 8:30 AM</p> <p>COFFEE & CHAT BAIN 9 AM</p> <p>PILATES WITH BOB 9:30 AM</p> <p>SENIORS TOGETHER NEWS TALK 10 AM</p> <p>ZUMBA GOLD 10:30 AM</p> <p>TED TALK 11 AM</p> <p>SEATED STRENGTH AND BALANCE 12 PM</p> <p>SENIORS TOGETHER BRAIN TEASERS 12:30 PM</p> <p>SCAMS AND SHAMS 1 PM</p> <p>YOGA WITH LISA 1:30 PM</p> <p>GAME NIGHT 8 PM</p>	<p>28 FLOOR, CORE & MORE 8 AM</p> <p>COFFEE & CHAT NORTH LAUREL 9 AM</p> <p>CARDIO & CORE 9:30 AM</p> <p>SENIORS TOGETHER OPEN MIND GROUP 10 AM</p> <p>LIVING WELL WITH CHRONIC PAIN 10 AM</p> <p>POWER 10:30 AM</p> <p>STITCH & GIVE 11 AM</p> <p>SENIORS TOGETHER TRENDERS 1 PM</p>
<p>31 FLOOR, CORE & MORE 8 AM</p> <p>COFFEE & CHAT ELKRIDGE 9 AM</p> <p>MINDFUL MONDAYS 9 AM</p> <p>STRENGTH TRAINING 10 AM</p> <p>ZUMBA GOLD 10:30 AM</p> <p>PILATES WITH BOB 11 AM</p> <p>SEATED STRENGTH & BALANCE 12 PM</p> <p>SENIORS TOGETHER THINK POSITIVE GROUP 1 PM</p> <p>FRESH CONVERSATIONS 1 PM</p> <p>BEGINNER LINE DANCE 3 PM</p>				

Please take a minute and click the link below to let us know what you think

<https://www.surveymonkey.com/r/23BKSSG>

\$ FITNESS PASS CLASSES

LET'S GET MOVING



Floor, Core and More

Mondays 8 am

This class targets challenging areas of the body: thighs, abs and backside. Help tighten, tone and strengthen those core areas. Class predominantly done on the floor.

Taught by Michelle Rosenfeld

Mindful Mondays

Mondays 9 am

A fusion class that combines gentle, guided meditation with light yoga stretches. A great way to incorporate mindfulness into your daily life.

Taught by Connie Bowman

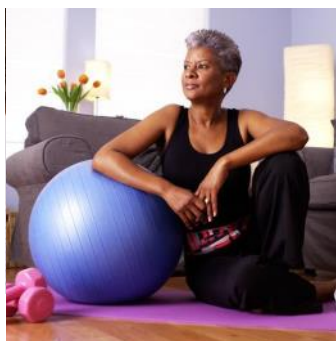


Zumba Gold

Mondays 10:30 am

Turns exciting Latin & international rhythms into a fun, safe, & effective format for the active older adult. It's an easy-to-follow program that lets you move to the beat at your own pace.

Taught by Courtney Bracey



Pilates with Bob

Mondays 11 am

Using the abdominal exercises of fitness pioneer Joseph Pilates, we re-awaken core muscles and breathe life back into the spine, and return balance, stability, and flexibility to our bodies. Suitable for clients who can get up and down from the floor safely. A Yoga or Pilates mat is highly recommended.

Taught by Bob McDowell

Seated Strength and Balance

Mondays 12 noon

This class is for those who prefer a seated workout with the option for standing/balancing exercises. Class will use dumbbells (or any household item as a substitute) to improve strength and overall mobility as we move to fun music.

Taught by Michelle Rosenfeld

**TO RECEIVE LINKS
FOR THESE PAID CLASSES,
ENROLL BY CALLING
410.313.1400 OR
410.313.5440**

\$ FITNESS PASS CLASSES

LET'S GET MOVING



Power

Tuesdays 8:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up along with use of hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld

Cardio and Core Class

Tuesdays 9:30 am

Exercises to get your body moving in your home. Designed for those who are looking for a low-impact cardio class to get your heart pumping while also strengthening your core.

Taught by Pam Beck



Yoga with Mary

Tuesdays 11 am

Join Mary for a series of weekly yoga classes; topics will vary. You will need a mat, and a strap or bathrobe tie. We'll practice together at a safe distance. We will mostly be standing up in this flowing class.

Taught by Mary Garratt



Kickboxing

Wednesdays 8 am

Start kickin' it with this intro cardio kickboxing class. Learn basic punches and kicks and put them into easy to follow combinations. This total body workout will increase strength and cardio-vascular fitness. Class done at low-impact level.

Taught by Michelle Rosenfeld

Mat Pilates

Wednesdays 11:15 am

Using the abdominal exercises of fitness pioneer Joseph Pilates we re-awaken core muscles and breath life back into the spine, and return balance, stability, and flexibility to our bodies. Suitable for clients who can get up and down from the floor safely. Yoga or Pilates mat highly recommended.

Taught by Maggie Lockhart

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Power

Thursdays 8:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up along with use of hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld



Pilates with Bob

Thursdays 9:30 am

Using the abdominal exercises of fitness pioneer Joseph Pilates, we re-awaken core muscles and breathe life back into the spine, and return balance, stability, and flexibility to our bodies. For individuals who can get up and down from the floor safely. A mat is highly recommended.

Taught by Bob McDowell



Zumba Gold

Thursdays 10:30 am

Turns exciting Latin & international rhythms into a fun, safe, & effective format for the active older adult. It's an easy-to-follow program that lets you move to the beat at your own pace.

Taught by Jackie Jones

Seated Strength and Balance

Thursdays 12 noon

This class is for those who prefer a seated workout with the option for standing/balancing exercises. Class will use dumbbells (or any household item as substitute) to improve strength and overall mobility as we move to fun music.

Taught by Michelle Rosenfeld

Yoga with Lisa

Thursdays 1:30 pm

In this gentle class, yoga poses are done seated or standing using a chair as a prop for support. Yoga benefits include increased energy, greater flexibility, relieved tension, and an overall sense of well-being. Equipment: a chair and/or yoga mat. July 16: Chair Dance, July 23: Gentle, July 30: Chair.

Taught by Lisa Rados

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\$ FITNESS PASS CLASSES

LET'S GET MOVING



Floor, Core and More

Fridays 8 am

This class targets challenging areas of the body: thighs, abs and backside. Help tighten, tone and strengthen those core areas. Class predominantly done on the floor.

Taught by Michelle Rosenfeld

Cardio and Core Class

Fridays 9:30 am

Mix cardio work combined with core exercises to get your body moving in your home. Designed for those who are looking for a low-impact cardio class to get your heart pumping while also strengthening your core.

Taught by Pam Beck



Power

Fridays 10:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up along with use of hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld



FITNESS & EXERCISE DISCLAIMER

THE DISCLAIMER IS
POSTED AND READ
PRIOR TO EVERY
FITNESS CLASS

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IT IS IMPORTANT TO UNDERSTAND THAT THIS EXERCISE VIDEO MAY PRESENT CERTAIN RISKS. YOU ARE ENCOURAGED TO CONSULT YOUR PHYSICIAN CONCERNING YOUR FITNESS BEFORE PARTICIPATING. BY PARTICIPATING IN THE PHYSICAL EXERCISES OR TRAINING ACTIVITY DEMONSTRATED IN THIS VIDEO, YOU UNDERSTAND THAT YOU DO SO ENTIRELY AT YOUR OWN RISK AND ASSUME ALL RISKS OF INJURY, ILLNESS, OR DEATH. THROUGH PARTICIPATION, YOU WAIVE ALL CLAIMS AND RELEASE THE COUNTY, THE OFFICE, AND THEIR RESPECTIVE OFFICIALS, EMPLOYEES, AGENTS, AND VOLUNTEERS FROM ALL LIABILITY FOR DAMAGE OR INJURY OF ANY KIND THAT MAY ARISE, DIRECTLY OR INDIRECTLY.

FREE FITNESS OFFERINGS

LET'S GET MOVING



Strength Training

Mondays 10 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m93698d3659768bdcf17167fcc6d1a83c>

Meeting Access Code: 160 716 9816

A thirty-minute workout that uses body weight and light weights in low impact movements to strengthen the major muscles in the body.

Taught by Leah Daniels



Beginner Soul Line Dance

Mondays 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb64412a06a34fb48ace39d5d59e48881>

Meeting Access Code: 160 753 3156

This beginner soul line dance class involves step-by-step instruction for choreography, and concludes with dances performed to pop and rhythm and blues music. Multiple dances will be performed within the hour.

Taught by Karen Stewart



Intermediate Soul Line Dance

Tuesdays 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mba4f9b0547a65e329f510a28bcf0b3e3>

Meeting access Code: 160 652 5513

For this Intermediate Soul Line Dance class, you should have line dance experience, and know all the basic line dance steps. Intermediate uses a wide selection of music, including pop, soul and/or gospel music.

Taught by Karen Stewart

Sittercise Plus

Wednesdays 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m64cf9ffefc615d76850dbdf62385750b>

Meeting Access Code: 160 546 9218

A 30-minute class for those who prefer a seated workout as well as those who want some moderate standing exercise. Easy-to-follow moves will help you maintain and improve your strength and mobility while exercising to fun and upbeat music. Light hand weights, soup cans or water bottles are optional.

Taught by Marianne Larkin

Strength Training

Wednesdays 10 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mc8e2a3c203f966a7ffcef9902cd3d5eb>

Meeting Access Code: 160 662 2981

A 30-minute workout that uses body weight and light weights in low impact movements to strengthen the major muscles in the body.

Taught by Leah Daniels



Bottom of the Bag Cooking

Tuesday August 4, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m2f661aa6e2f42112fc06f9a8f5bffa8>

Meeting Access Code: 160 203 1941

It has happened to all of us! You are looking through your pantry, freezer or refrigerator, when you realize you only have a little bit of that or a little bit of this. Maybe you have some crackers but when you get to bottom all that's left is crumbs and cracker dust! This easy recipe will use up your leftovers, while giving you a deliciously satisfying easy to make side dish and a on the go healthy snack.

Presented by Felicia Stein and Brandy Leno



Hawaiian Chicken Tacos & More

Wednesday August 12, 3 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m0636806cd0d4fa3d3012f0ead795a7c8>

Meeting Access Code: 160 754 8942

Join Cathy for a taste of the islands, the Hawaiian Islands. Using chicken, pineapple and other fresh ingredients, learn how to make these easy and delicious dishes.

Presented by Cathy Burkett

Entrée Dinner Salads

Wednesday August 19, 2:30 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m05976c9a0308aaea39d645d039cb5ef5>

Meeting Access Code: 160 713 5504

Using meats, fruits, nuts and cheese, learn how to create dazzling dinner salads worthy of a restaurant. Learn how presentation can elevate your meal.

Presented by Regina Jenkins

LET'S GET SOCIAL



Coffee and Conversation

Mondays with Elkridge @ 9 am

Tuesdays with East Columbia @ 9 am

Wednesdays with Glenwood @ 9 am

Thursdays with Bain @ 9 am

Fridays with North Laurel @ 9 am

Join WebEx Meeting - Link below is valid for each day.

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m5bf1fc03cd66f33240223571c474d7b6>

Call in Option **1-650-479-3207** Meeting Access Code: 160 848 1352

Grab a cup of coffee or tea and join staff from various 50+Centers for conversation and connection. Select the day/center you wish. Stay up to date on what is happening virtually and share your thoughts and ideas on upcoming programs.



Game Night

Thursdays August 6, 13, 20, 27, 8 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m935b8b65142068d9af9e2e52d34975c0>

Meeting Access Code: 160 515 5027

Grab a pen and paper, and join us for a fun night of virtual games.

Presented by Lucky Sohi, Regina Joffe, Tammy Wiggins

Sit, Stitch & Give

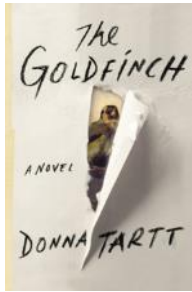
Fridays, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m458521cd74b982193acf4454bb73a0ce>

Meeting Access Code: 160 851 8178 Call in Option: 1 650 - 479 -3207

Originally held at North Laurel, this group is now open to others who crochet, knit or do other needle crafts. Join us for a crafting and sharing time.



Book Club

Thursday August 6, 1pm

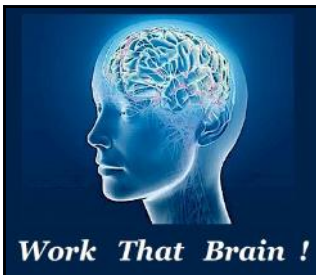
Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mc6bd645794ce752a332e44e6a595af1c>

Meeting Access Code: 160 212 3184

Join in the fun and share your love of reading with us! Enjoy lively book discussions across different genres each month. The August book title might sound like a beach read, but it promises to be much more. August 6th book is *The Sandcastle Girls* by Chris Bohjalian. September 3rd book is *The Goldfinch* by Donna Tartt.

Facilitated by Jeannie DeCray



Trivia with Reb Orrell

Wednesdays August 12, 26, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m83963bbd406b8eb8b6bf08ca2e995c8f>

Meeting Access Code: 160 891 8415

Our trivia isn't the standard type, it's trivia on steroids. Each session will be different as you laugh, learn a ton of useless information, and "Work That Brain".

Presented by Reb Orrell

The Tiny Book Club

3rd Tuesday of every month

Tuesday August 18, 7:30 pm

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m0c5dc6c04bd640c8a983b7448994e9ce>

Meeting Access Code: 160 644 6740

If you've always wanted to join a book club, but don't want to read a tome, then this is the club for you! We'll focus on both fiction and non-fiction books, that are only about 150 pages long. August selection is "84, Charing Cross Road" by Helene Hanff. September selection is "Animal Farm" by George Orwell. Any questions, please email lsohi@howardcountymd.gov.

Facilitated by Lucky Sohi & Jodi Bargamian



Tech Tuesday

Tuesdays August 4, 18, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb35a69e1e1635eb0278c0883aa3af60a>

Meeting Access Code: 160 146 4968

August 4: Talk About Twitter **August 18:** Investigate Instagram

Presented by Lucky Sohi



Caring for the Caregiver

Tuesday August 4, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m94b72b1290b0fd5e5cd755ad962f6d0f>

Meeting Access Code: 160 005 3064

Although it is natural for everyone to have feelings of isolation, frustration and fatigue during these uncertain times, caregivers often feel these symptoms tenfold. Let's have a conversation about how we can identify the warning signs of these stressors and gain insight into ways to take care of you!

Presented by Kathy Wehr

Birds of the West Coast of Mexico

Wednesday August 5, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m714cbf9e4b07dd834d5278d31a5a8865>

Meeting Access Code: 157 813 0194

Join Kurt for a walk through his travelogue of his trip to the Puerto Vallarta and see parrots and other colorful birds. Kurt is an avid birder and leads nature walks at Glenwood 50+Center.

Presented by Kurt Swartz

Baltimore Museum of Industry: Destination Baltimore

Wednesday August 5, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m35055e570b3ba57a640842754925350d>

Meeting Access Code: 160 109 4303

For almost two million people, Baltimore was the destination that promised a new life, hope and opportunity. Beginning in earnest in the 18th century, accelerating through the 19th, immigrants provided the labor force so necessary for Baltimore to become an industrial powerhouse. Early arrivals endured often tortuous Atlantic crossings under sail. Later steam powered ships sped the trip, but steerage accommodation offered little improvement to time spent at sea.

Presented by Jack Burkert

MAP: In a Nutshell

Wednesdays, August 5, 12, 19, 26, 12 pm



Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m824de68822df8ee2690cb9233500b58d>

Meeting Access Code: 160 600 8921

August 5: Got MAP? Did you know the Office on Aging and Independence offers an information and assistance phone line called MAP? MAP staff are ready to take your call and help you get connected with valuable information and resources. Learn more about how MAP can help you and bring your aging questions for this interactive discussion.

August 12: Tax Credits: There is Still Time! Learn more about the different tax credit programs to help with property taxes, rental credit and credit to make your home accessible. Howard County Senior Tax Credit Program is due September 1, so don't miss this deadline.

August 19: Get To Know Your Resource Guide. The Resource Guide for Older Adults and Adults with Disability is an annual comprehensive publication that provides up-t-date information on a variety of aging resources. Learn more about this guide and how you can use this information to help you stay connected.

August 26: Understanding In-home Care vs Home Health Care. Gain a better understanding of the differences between In-home Care and Home Health Care. Sometimes it can get confusing. Learn more about these two types of care, their benefits, cost and things to think about when arranging.

Presented by Emily Leclercq and Jill Kamenetz



Nutrition Talk with Carmen Roberts, R.D.

Thursday August 6, 12 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m7365511c9d38e468acd476d88099f45f>

Meeting Access Code: 160 317 1566

Our nutritionist will explain how what we eat and drink can strongly influence blood pressure control and the need for blood pressure medication.

Presented by Carmen Roberts, R.D.



Talk to a Ranger - Big Bend National Park

Friday August 7, 12:30 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m936dd00e57b3d5dd24ac9a472cb152ae>

Meeting Access Code: 160 522 6812

Join National Park Service Ranger Andrea for a presentation on the ecosystem of this vast park via a slide show, then enjoy a PowerPoint also.



Military Items Returned

Monday August 10, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m2931a81ec3732afafea0aeab8079b477>

Meeting Access Code: 160 491 0941

Join avid collector and history enthusiast, Nick Keplinger, as he shares his experience in returning military items to families around the world from Maryland to Germany. See the pictures and hear the stories behind the "found" items, and the work and research involved in the "return" effort.

Presented by Nicholas Keplinger

Clutter Chat: How about that Kitchen?

Tuesday August 11, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf9d475aa5f81a5577de4f6096130eb57>

Meeting Access Code: 160 644 8170

Join Meridy for a 30-minute discussion on managing clutter in your kitchen. Free up some space and welcome some new energy.

Presented by Meridy McCague

DIY Polymer Clay Pens

Tuesday August 11, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m2e18a9acb7dc03fa7faad08b9c4a24e8>

Meeting Access Code: 160 076 3142

Take an inexpensive stick pen and make a work of art suitable for gift giving. Or, take a pen and make it into an arthritis-friendly adaptive tool. This project can be baked in a home oven in less than 30 minutes. Materials: polymer clay (available at Michaels or JoAnn), A stick pen, craft paper, or aluminum foil, rolling pin, or dedicated pasta roller.

Presented by Rachel McCracken



Ask the Officer

Wednesday August 12, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfec88c2fa1de40d386fe68ff9c0f414a>

Meeting Access Code: 160 880 2448

Howard County Police Officer William Kreitzer will be available to discuss current safety tips, scams and fraud prevention. Join us with your questions and concerns.

Presented by Officer Kreitzer



Ask a Pharmacist

Wednesday August 12, 1:30 pm

Join us for a free Q & A session with a trusted local pharmacist. Bring your questions or submit a question for the queue ahead of time by sending an email with your question and name to mburgess@howardcountymd.gov. Registration required to attend. Registration link:

<https://howardcountymd.webex.com/howardcountymd/onstage/g.php?MTID=eda62d6df2fda32af26ea6f936e14a9e1>

TED Talk

Thursdays August 13, 27, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md63f4d365168522e84b86792de6ef16b>

Meeting Access Code: 160 086 0373

Join us to view one or two TED Talks, followed by a facilitated conversation.

Facilitated by Lucky Sohi

Practice to the People

Thursday August 13, 7 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m0a1f54079e2b3a19d5532325ffdfc818>

Meeting Access Code: 160 2903945

Webex Practice Session - Join us for a practice session where we try to answer your questions about Webex and virtual (online) meetings. Please email Lucky your questions *ahead of time* so that we can have a productive session. Lucky's email is lsohi@howardcountymd.gov

Presented by Lucky Sohi



Medicare 101: What You Can Expect

Thursday August 13, 1 pm

Learn about Medicare Part A (Hospital), Part B (Medical) and Part D (Prescription Drug). How does Original Medicare work? What are the benefits? What is your share of the costs? When should you make decisions regarding your coverage?

You must call 410-313-7392 to register. After registration, you will be emailed the Webex link to participate.

Presented by Ayse Tokbay

Mindful Eating Practice

Friday August 14, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mca8df7ff0a95b8a83423bf4d271d6d7d>

Meeting Access Code: 160 991 6894

What is mindful eating? How is it helpful in today's world? Join us for a simple and thoughtful mindful eating exercise to help introduce you to mindful eating practices. Materials needed: one very small piece of food like a raisin, blueberry, raspberry, or small piece of chocolate.

Presented by Jeannie DeCray



Orphan Cars

Monday August 17, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8afa085484b48f52d48fdb536d1fb350>

Meeting Access Code: 160 639 6531

Edsel, Corvair, Hudson, Studebaker and more. Many of these cars had unusual design and engineering features. Created by people willing to go out on a limb, unfortunately the limb broke. Join us for a video and discussion.

Presented by Joyce Nagel



Queens of Code

Tuesday August 18, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mda16c3eb0f097591e2f57079b4b3d841>

Meeting Access Code: 160 470 6929

The Queens of Code tell the stories of NSA's computing women from the 60's, 70's and 80's. Holding top secret jobs and working on the most sensitive national security programs, these women will share this piece of innovative tech history and how it expanded women's career opportunities for generations to follow.



DIY Beaded Earrings

Wednesday August 19, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m16ce3c7f2c3166957237a80d92a44fd8>

Meeting Access Code: 160 637 6238

Learn how to make easy beaded earrings in a variety of styles to wear or give as gifts. Supply List: round nose pliers, needle nose pliers, wire cutters, head and eye pins, assortment of beads, fish hook earrings or clip on earrings, 9x12 piece of felt.

Presented by Ellen Brown

Medicare 102: The Two Paths to Medicare

Thursday August 20, 1 pm

Learn about Part C (Medicare Advantage) and Medicare Supplement Policies (Medigap Plans). What should you consider when deciding if a Medicare HMO or PPO is the right choice for you? Understand how the different Medigap plans cover your portion of the costs of Original Medicare, how they are priced and when is the best time to enroll. You must call 410-313-7392 to register. After registration, you will be emailed the WebEx link to participate.

Presented by Ayse Tokbay

Simple Summer Greeting Cards

Friday August 21, 2 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=me0b88ff6b318f9f69594d3544683752a>

Meeting Access Code: 160 565 1164

Join Regina as she shows you how to make a greeting card with a summertime feel. Grab some pastel colored paper if you have it and craft along.

Presented by Regina Joffe



Living Well With Chronic Pain

Fridays, August 21 - September 25, 10 am - 12:30 pm

Discover strategies and skills in this interactive six-week workshop to help you gain confidence in managing your pain. Caregivers are encouraged to register. This program explores: Managing symptoms and challenges - Exercising for strength and flexibility - Balancing activity and rest - Achieving goals.

To register: <https://events.hcgh.hopkinsmedicine.org/event/living-well/living-well-with-chronic-pain>



Ask the Dietitian

Tuesday August 25, 12 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfff2ed447864020ee6f2d9b209f6c050>

Meeting Access Code: 160 726 7748

Confused about what you read or hear on TV about nutrition and your health? Log in to our monthly webinar led by our Registered Dietitian, Carmen Roberts, to have your nutrition questions answered. Carmen will help guide you through reputable resources so that you can achieve optimal nutritional health.

Presented by Carmen Roberts, R.D.

The Big Reveal - Virtual Tour of Bain 50+Center

Wednesday August 26, 10 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m8d8dcb233c6737c95e3c49adc44c4c88>

Meeting Access Code: 160 917 8869

This visual tour will give you updates on Bain 50+Center renovations. This will include our new Fitness center, Computer Lab and Art Studio just to name a few of the improvements.

Presented by Linda Ethridge

DIY Sewing Cabinet to Beverage Cart

Wednesday August 26, 2:30 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mc2f19bfbcf69d181a9e1e87c4e8f47a>

Meeting Access Code: 160 509 5840

Come along as we take an old sewing cabinet and upcycle it into a beverage cart fit for any get together. Using paint, sanding, knobs and more.

Presented by Regina Jenkins

LET'S LEARN



Scams and Shams: Staying Safe Online and Off

Thursday August 27, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf85cfd4ed07aae4e99579717fcb0a6b>

Meeting Access Code: 160 313 3559

Making Change, a Howard County non-profit that works to empower individuals and families to achieve financial stability presents this topic.

Presented by Kimberly B. Linderman



FRESH
CONVERSATIONS

Fresh Conversations: Eating Out, Staying Safe and Healthy

Monday August 31, 1 pm

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mf6afb613a6f54c0d139c71dbb7172ec2>

Meeting Access Code: 160 588 7986

Did you know most of us eat and drink at least 1/3 of our calories from restaurants and food establishments? Join Karen Basinger, of the UMD Extension Program, and learn the latest information about healthy choices at restaurants and how to manage takeout safely during COVID-19.

Presented by Karen Basinger, MS, LDN, CFC

LET'S CONNECT



Connections Corner

Activities for Persons with Cognitive Impairments/Dementia

Tuesdays, 11 am

Join WebEx Meeting

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3dc0e7020ba11ce230e68b84a9639e1a>

Meeting Access Code: 160 616 7573

Join the Social Day Program Staff for a fun and engaging, 30 – 45-minute, virtual program for persons with dementia or cognitive impairments. This weekly program will consist of trivia games, music, bingo, etc., designed specifically for this population. The program will provide an engaging and supportive environment, so the participants feel comfortable and successful. Depending on the individual's abilities, a caregiver may need to be available to provide computer assistance. Questions? Contact 410.313.5442.





LET'S GET SOCIAL

Seniors Together groups that met at our 50+ Centers are now meeting virtually! The groups are free and facilitated by older adult peers. Groups meet weekly unless otherwise noted.

For additional information or to join contact:

Karen Hull: 410-313-7466 (voice/relay); email: khull@howardcountymd.gov

Elaine Widom: 410-313-7353 (voice/relay); email: ewidom@howardcountymd.gov

Mondays

Think Positive Group

1:00 – 2:00 pm

Learn and discuss ways to make positive thinking a daily practice and support each other on the journey. Met at Elkridge 50+Center.

Caregiver Support Group (conference call only)

7:00 – 8:30 pm, 3rd Monday of the Month

For adult caregivers caring for another adult. Focuses on practical needs, resources, social networking, emotional support, and downtime. Met at Elkridge 50+Center.

Tuesdays

Men's Roundtable

10:00 am – 12:00 pm

Gather with other men for civil discussion on politics, government, finance, health and other topics of interest to seniors. Occasional guest speakers join the group. Met at Glenwood 50+Center.

Low Vision Support Group

1:00 - 2:15 pm (conference call only)

Ongoing support for those with low vision; explore options, share ideas, and learn ways to maintain independence. Met at Bain 50+Center.

Thursdays

NewsTalk

10:00 – 11:30 am

Lively discussion group focusing on current news locally, nationally and globally. Met at North Laurel 50+Center.

BrainTeasers

12:30 pm

Challenge your mind and strengthen memory using games, puzzles and other activities. Met at Bain 50+Center.

Fridays

Open Mind Group

10:00am– 12:00 pm

In-depth, civil discussion on a wide range of topics to promote greater understanding of the values and experiences that inform us. Met at Elkridge 50+Center.

Trenders

1:00 – 2:30 pm

A lively, open-minded discussion group with a loosely structured agenda. Met at Bain 50+Center.

FOR OLDER ADULTS IN NEED DURING THE COVID-19 PANDEMIC
(lack of transportation, mobility issues, illness, have a disability or quarantined)

Grab&Go

A Meal Distribution Service for Older Adults

Each seven-pack box includes seven different individual entrées, seven cartons of milk, and a variety of fruit cups, apple sauce and bread products.

PICK-UP LOCATION —

Ellicott City 50+ Center
9401 Frederick Road, Ellicott City, MD 21042
Every Thursday • 11:00 a.m. to 12:30 p.m.

REGISTER TODAY
**LIMITED
AVAILABILITY!**

PRE-REGISTRATION IS REQUIRED —

To register, contact Maryland Access Point of Howard County
410-313-1234 (voice/relay) • map@howardcountymd.gov

Order must be received by 12:00 noon on Monday to receive a meal kit for the following week. Eligible individuals must be 60 years and older; spouses of any age are welcome to participate. Program funding made possible through the Senior Nutrition Program of the Older Americans Act of 1965.

SUGGESTED DONATION —

\$47.32 PER SEVEN-PACK MEAL KIT (\$6.76/MEAL)

Donations ensure the continued viability of the program; a donation envelope is provided with each kit.

PRESENTED IN PARTNERSHIP WITH —

 Howard County Office on
Aging and Independence
Department of Community Resources and Services
www.howardcountymd.gov/aging
[Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)



If you need this information in an alternate format, contact Maryland Access Point of Howard County at 410-313-1234 (voice/relay).

Maryland Senior Call Check

PEACE OF MIND FOR THOSE HOME ALONE



DAILY AUTOMATED CHECK-IN CALLS



FREE SERVICE

65+

MARYLANDERS AGED 65+



YOUR CHOICE A MORNING OR AFTERNOON CALL

Sign up online or over the phone:

aging.maryland.gov 1 (866) 502-0560



Department of Aging

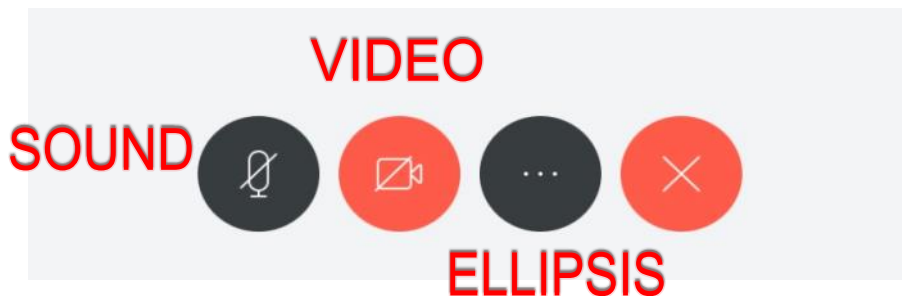
Larry Hogan
Governor

Boyd K. Rutherford
Lt. Governor

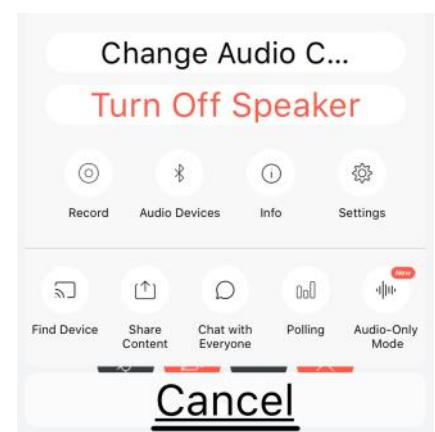
Rona E. Kramer
Secretary

The exercise and class offerings in this e-blast are accessible through WebEx. Click on the link provided, enter the meeting access code and participate. Use password Howard50+. While in a class, please place your speaker on mute to reduce the feedback for the instructor and class. Below is general information on WebEx.

- WebEx is free to use as a class participant.
- You do not need a WebEx account.
- You will need a regular email address to sign in.
- Make sure your battery is fully charged on your device or plugged in.
- Make sure you have a good internet or cell connection.
- Find a table, desk or counter to set up your device so you can see properly.
- Go to your App Store and search Cisco WebEx Meetings.
- Choose the app and start the download.
- Find the newly downloaded app and click on it.
- Click "Join Meeting."
- To join, it will ask you for the meeting number which you can find next to the class name.
- Then click "Join" or "Enter."
- It will ask for a password which is Howard50+.
- Now you have entered the meeting.
- Anytime your buttons are black (microphone and video icons) you can be heard and seen.
- It is best to leave these in off mode (the buttons will be red) most of the time to minimize disruption to class. You will still be able to see and hear the instructor.
- If you click the ellipsis button, various options pop up and from there you can click the "Chat with Everyone" button, or "Turn Speaker On/Off."



VIEW AFTER ELLIPSIS BUTTON PUSHED



If you have a specific question regarding WebEx, please reach out to Lucky Sohi, 410.313.4832 or lsahi@howardcountymd.gov. Thanks for joining us in our virtual world!

For more detail on how to use WebEx, please click on the link below.

<https://help.webex.com/en-us/nrbgeodb/Join-a-Webex-Meeting>